



TRURO LOG
TRURO COUNCIL ON AGING
JUNE 2013

7 Standish Way, N. Truro
508-487-2462, FAX 508-487-0854
www.truro-ma.gov/coa

AROMATHERAPY for RELAXATION

Tuesday, June 11 at 1:30 pm. The VNA Hospice Bereavement Specialist is certified in Aromatherapy for relaxation. Come and learn how to use this method of calming and relaxing.



Friends of the COA

Annual Spring Luncheon

Appetizers

(meatballs - Vegetables - Dip, chicken wings)

Garden Salad

Home baked bread loaves

Entrees Include choice of:

Chicken Whitman (Asparagus & Cheese)

Baked Boston Cod or Bay Scallop Casserole

Bar-B-Q Pork Chop

Mashed potato

Vegetable

Warm Apple Cake/Whipped Cream

Coffee or Tea

Gratuity all inclusive \$23.00

Sunday, June 2, 2013

12 noon

Please RSVP to Joan Moriarty 508-487-1508.



The Whitman House
Restaurant



PROGRAMS AND SERVICES

NEW BEDFORD WHALING MUSEUM AND LUNCH TRIP


Come with us to the New Bedford Whaling Museum and to have lunch in New Bedford. It will be **Wednesday, June 19** and the van will start from the **Truro COA at 9 am**. Contact Kitty for this trip at 508-487-0350. The cost for the museum is \$12. There is a donation for the van and lunch is paid for by each person. The plan is to eat in a restaurant in New Bedford.

The museum has many different shows - marine models, glass lighting, scrimshaw, Cape Verdean Maritime Exhibit, Azorean Whaleman Gallery, a half-scale model of the Bark Lagoda, skeletons of the deep, harpoons and whale craft, and a full size replica of a ship's Forecastle.

BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will meet on **Wednesday from 1P.M. to 2:30P.M. June 12** and it will resume in September at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715.



Mass Audiology will offer  **a hearing screening clinic at the Truro COA. The screening takes about 10 minutes and in that time the audiologist will check for wax build up and screen you for hearing loss with an audiometer. Clients who have hearing aids can have them checked and if needed the battery will be replaced. Mass Audiology will also answer any questions. The screening is on Wednesday, June 19 at 1 to 3. Appointments must be made - please call the COA main office at 508-487-2462 ext. 10. This test in no way obligates you to buy.**

MEMORIES as MEMOIRS READING

Members of the Memoir Writing class, taught by Rosalind Pace, will present excerpts from their new work on Sunday afternoon, June 30th, 2 to 4 pm at the Truro Council on Aging, 7 Standish Way, N. Truro. Refreshments will be served. It is free and open to the public.

HEALTH & WELLNESS

Health Tips from the Town Nurse, Dee Yeater RN

DID YOU KNOW?

Wellfleet has a Film Festival but did you know the American Brain Foundation has a film festival? A call was put out to neurology patients, caregivers, and others to submit a video sharing a personal story about why more money is needed in finding cures for brain diseases. This year it was held in March in San Diego. It is held to raise awareness through video about the need to support research into the prevention, treatment and cure of brain diseases such as Alzheimer's disease, stroke, autism, Parkinson's disease and multiple sclerosis. The winners were announced at the American Academy of Neurology's 65th annual meeting in San Diego. It is the world's largest meeting of neurologists. A Neurologist is a doctor with specialized training in diagnosing, treating and managing disorders of the brain and nervous system. The American Brain Foundation supports vital research into finding cures for brain disease and committed to improving patient care, quality of life and public understanding of brain disease.

The films were touching, informative and inspiring and worth viewing. To view the winning entries of the Neuro Film Festival visit <http://www.NeuroFilmFestival.com>

WELLFLEET ALZHEIMER'S ASSOCIATION

SERVING THE LOWER CAPE

The purpose of the association is to create fundraising revenue to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies.

We work through the outreach staff of Elder Services and the Councils on Aging of the Lower Cape to identify patients and caregivers in need and pay for the services they require. These services may include, but are not limited to, the following:

- Day care services
- Respite services
- Companion services
- Installation of safety equipment
- GPS devices

- Transportation expenses

Application should be made through the Outreach Coordinator at the Truro Council on Aging. Please call Katherine Stillman at 508-487-2462 ext. 13.

HEALTH & WELLNESS

BALANCING ACT

Consider this: each year, one in three Americans over the age of 65 has a fall. Often these falls can lead to serious injuries, such as fractures. Why does this happen so often? Unfortunately, just like strength and flexibility, balance will decline over time, **unless** we actively work on it. Yes, you guessed it, another reason to exercise!

A well-balanced exercise program (pun intended) should include aerobic fitness, strength, flexibility and balance exercises. Since balance is a motor skill, you can train for it, in the same way that you might train to improve a golf swing or other skill. Balance exercises involve practicing maintaining equilibrium under different challenging conditions, for example: standing on 1 leg, balancing in a position with your eyes closed, or maintaining balance while adding head movement. These exercises address the different sensory systems involved in maintaining equilibrium: vision, the inner ear (which has a system to detect head movement and position), and proprioception (position sense in the body). To improve balance, we also need to address coordination, strength, flexibility, and endurance of the muscles, especially in the core and the lower body, so that we can react quickly and effectively to a loss of equilibrium.

The key with balance exercises is to begin at a level that feels somewhat challenging but safe. Everyone is unique and will have particular areas that they need to address. If you would like to work on improving your balance, you can either speak with your health care provider about a referral for physical therapy or try an exercise class that includes a balance component.

By Kathy Stetson, physical therapist and exercise specialist



VOLUNTEER OPPORTUNITY



The Oral Health Excellence Collaborative

Become a SMILE Counselor. Help seniors in Truro by offering much needed dental health care information including access to resources for affordable dental care options such as insurance and assistance programs. If you have an interest in wellness and can volunteer a few hours a month to talk one-on-one with seniors who would like to improve their oral health, we would love to talk with you! Full training and support provided. No experience necessary. Please call SMILE Program Coordinator, Sonja Brewer, at 508-364-4512 or email sboralhealthexcellence@yahoo.com.

LET US ENTERTAIN YOU

MYSTERY BOOK CLUB

Friday, June 14, 12:30 pm

Sanibel Flats by Randy Wayne White

Friday, July 12, 12:30 pm

Still Midnight by Denise Mina

Niagara Falls, Niagara on the Lake & Toronto

Sunday, June 23 - Wednesday, June 26

– Travel with us to beautiful Niagara Falls, where we will overnight at the **Doubletree Fallsview Resort & Spa**. Our hotel is only steps away from the new Niagara Falls Casino, restaurants, and attractions. Our first look at the falls will be from the American side of the falls at **Goat Island**, where you will be able to view the falls with the Canadian skyline in the background. Enjoy the evening on your own to **visit the Casino, Clifton Hill; the Horseshoe Falls that will be beautifully illuminated in color; and the fireworks over the falls**. We'll take an up-close look at the Horseshoe Falls on our ride aboard the world-famous **Maid of the Mist, a half hour thrill of a lifetime!** North America's oldest tourist attraction, millions of visitors have enjoyed the boat tours since 1846.

This trip is run by Funtastic Getaways (www.fungetaways1.com) in Falmouth. Please call Kitty Stevens at 508-487-0350 for more information or to reserve a space.

SENIOR MUNICIPAL SERVICE PROGRAM

BEGINNING JULY 1, 2013

ENDING JUNE 30, 2014

The Town of Truro is offering an abatement to its senior residents for services provided to the town. It is an opportunity for a Truro senior resident to share a skill they have with our community and also receive a real estate tax reduction on their Truro Property.

Participants must meet the following requirements:

- ♦ Applicant must be 60 years of age or older
- ♦ Applicant must own property in Truro that serves as their principal residence
- ♦ Applicant has been a full-time resident of Truro as of July 1st of the previous year
- ♦ Applicant must be the current occupant of property for which abatement is requested

Applications are available for the Senior Municipal Service Program for the FY14 at the Truro Council on Aging, 7 Standish Way, North Truro or call 508-487-2462 ext. 10 for more information.

JUNE BIRTHDAYS

1 Lynda Clare Carole Davis Anton Kolz Steven Phillips	Barbara Scherer Sami Williams	13 Susan Baker Peter Burgess Elaine Thomas	19 David Gibson Zarooohy Seed Donald Silva Stewart Tabakin	24 Marie Broudy Robert Fritz Jeanne Woodes
2 Linda Cardillo Stuart Miller Claire Perry Rosamond Secrest Natalie Small	9 Nancy Berlin Judith Clark Curtis Hartman Nanette Paiva Ralph Sano Victor Wolitzer	14 Mildred Garra Diana Goldstein Elizabeth Kean John Strand Kenyon Wheeler	20 Doug Asher-Best Sam Boleyn Denis Mooney Phyllis Sherwood Robert Weiss	25 Joaquim Bento Vincent Bonaviri
4 Elizabeth Adler Michael Delvisco	10 Mary Jo Dorman Warren Falken- burg Christiana Haver- sat	15 Maria Bento Claudia Sutton Richard Whalen	21 Calvin Jensen	26 Joyce Edinberg Michael Jerace Marinna Matri- cardi
5 Brian Dunne Lois Foerster	11 Pauline Goedicke Diane Greene Gary Neal	16 Audre Cerra John Tutalo	22 Nancy Ambrose Charlotte Guertin Joan Holt Leo Pasteris Catherine VanStratum	27 Alice Amsden June Hopf
6 Harriet Bee Glen Pasanen J. Schermerhorn Ronald Singer	12 Ansel Chaplin Kathleen Gonsalves John Hutton, Jr. Sally Lum George Sakheim Gail Sparks	17 Richard Burhoe Robert Hanson Paul Horowitz Ronald Martin Patricia Power	23 David Ambrose Dana Cutts Gregory Morris Barbara Sass	29 Timothy Carroll Michael Elms Lila Hochberg Richard Silva
7 Jonathan Peters		18 Maria Dias		30 Paul Fenichel Linnell Nickerson Kathleen Nunes
8 June Harris Robin Robertson				

IN MEMORIAM

DAVID FARKAS

YVONNE SOUZA

ANNETTE MERRILL

HERBERT W. STRANGER

OPTIONS COUNSELING

Our Options Counselors provide short-term decision-support to assist consumers of any income (elders age 60 or over, or individuals over the age of 18 with any disability) and their family members, caregivers and/or significant others to make an informed choice about long term services, supports, and setting. The Options Counselor looks to identify the goal of the consumer: to transition out of the nursing home back into the community with services or seeking nursing home placement. The Options Counselor then provides unbiased information about long term services and supports, the resources available to pay for the services, and assists in facilitating referrals and resources as needed.

To make a referral or get connected with a counselor, please contact the Elder Services Information & Referral Department at 508-394-4630 or info@esci.org.

WHAT'S COOKING AT THE COA

TRURO CENTER FARMER'S MARKET STARTING MONDAY, JUNE 17 Through September 8 TO NOON

Truro Veteran's Memorial Park

This farmer's market will be on an educational model teaching actions to take to support the local food system, to help our own health and the environment. It will involve all areas of the community with school children helping with signage and grandparents volunteering. There is plenty of opportunity to volunteer. Go to info@sustainablecape.org for more information www.sustainablecape.org. Parking is across from Cobb Memorial Library.

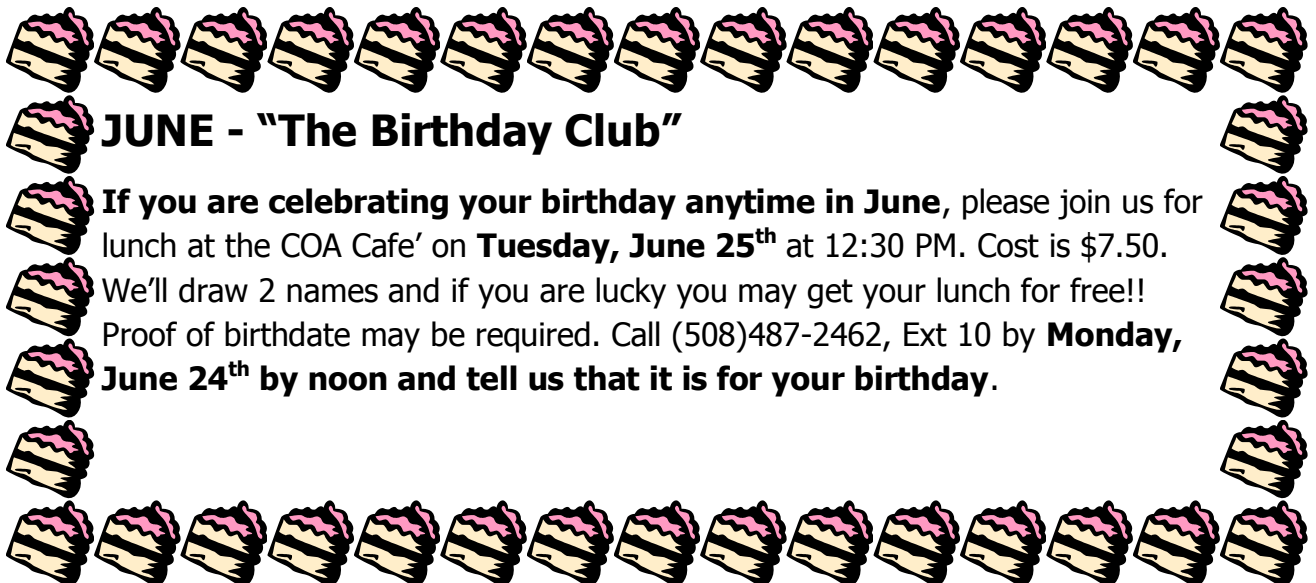
Free Baked Goods from the Stop and Shop in Provincetown

On Mondays and Thursdays we have FREE Baked Goods at the Truro COA! Feel free to stop in between the hours of 8:00-4:00 pm to pick some up!!!

Blood Pressure Clinic

RETURNS!

Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA on June 3rd from 8:30-9:30 am. For more information please call 508-487-2462 x10. Please stop by and visit with us!!!



JUNE - "The Birthday Club"

If you are celebrating your birthday anytime in June, please join us for lunch at the COA Cafe' on **Tuesday, June 25th** at 12:30 PM. Cost is \$7.50.

We'll draw 2 names and if you are lucky you may get your lunch for free!!

Proof of birthdate may be required. Call (508)487-2462, Ext 10 by **Monday, June 24th** by noon and tell us that it is for your birthday.

TRURO COUNCIL ON AGING CAFÉ -JUNE 2013

7 STANDISH WAY- NORTH TRURO

RESERVATIONS REQUIRED BY 12 pm MONDAY

508-487-2462 ext. 10

\$7.50 includes Beverage and Dessert



Tuesday June 4, 12:30

Ginger Sesame Chicken with a Lime Curry Sauce
Thai Noodle Salad
Key Lime Pie



Tuesday, June 11, 12:30

BBQ Pulled Chicken on Honey Cornbread
Summer Slaw
Fruit Crisp with Fresh Whipped Cream

Tuesday, June 18, 12:30

Greek Shrimp Pasta with Kalamata Olives and Feta
Mixed Green Salad with Herb Vinaigrette
Strawberry Shortcake

Tuesday, June 25, 12:30

Middle Eastern Spiced Turkey Patties with Tzatziki
Moroccan Quinoa Salad
Cookie Sundae with Caramel Sauce

TAKE OUT available, Call COA by Noon

Monday





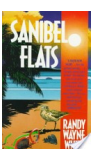




OPEN TO ANYONE OF ANY AGE



JUNE 2013



**FATHER'S DAY
SUNDAY, JUNE
16, 2013**

Mon	Tue	Wed	Thu	Fri
3 Blood Pressure 8:30 -9:30 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	4 COA CAFÉ 12:30 	5 Tai Chi 8:30 Strength Training 9 Weight Loss 10 Bridge 1:30 	6 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4	7 Strength Training 9-10 Laughing Yoga 10 Get your Giggle On with Laughter Yoga 
10 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	11 COA CAFÉ 12:30 Aromatherapy 1:30 	12 Tai Chi 8:30 Strength Training 9 w/Kathy Stetson Weight Loss 10 Bereavement 1 Legal Assistance Bridge 1:30	13 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4	14 Strength Training 9 Mystery Book Club 12:30 
17 Farmer's Market 8-12 Opening Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	18 COA CAFÉ 12:30 Story Swap 11 	19 Trip to New Bedford Whaling Museum 9 Tai Chi 8:30 Strength Training 9 Mass Audiology 1 Bridge 1:30	20 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4	21 Strength Training Dr. Campo by Appointment 
24 Farmer's Market Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	25 Election Day for Senator COA CAFÉ 12:30 Birthday Lunch	26 Tai Chi 8:30 Strength Training 9 Weight Loss 10 Bridge 1:30	27 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4	28 Strength Training w/Kathy Stetson 9-10
	Truro COA Gallery Sunday, June 2 2-4 Alison Hyder Paintings	FTCOA LUNCH WHITMAN HOUSE NOON SUNDAY, JUNE 2		Truro COA Gallery Sunday, July 7 2-4 Grace Hopkins Photographs

COA GALLERY - JUNE

PAINTINGS BY ALISON HYDER

Alison Hyder has been painting since 1986. She started out in oils, primarily painting miniature nudes and small landscapes, switched to acrylics, and is now comfortable using both. She prefers to use bold, unmuted colors to depict scenes from Cape Cod and her travels. Hyder has had shows in Provincetown, Truro, and Wilmington, Delaware, and has been commissioned for numerous pet portraits. Although this show features landscape studies, she plans to base future works on her experience with the creative community and nightlife of Provincetown. You can look for these scenes in future months at the Patty Deluca Gallery at 432 Commercial Street, Provincetown .

OPENING RECEPTION - SUNDAY, JUNE 2, 2013, 2 to 4 pm.

Refreshments are served and all are welcome!



COA GALLERY - JULY

GRACE HOPKINS - PHOTOGRAPHS

My artworks fall somewhere between photography and painting. Technically they are straight photographs not manipulated or layered, but one image plainly shown. Emotionally they are all about painting. I search out paint, shadow, light, color and bring them together onto a canvas.

Color is crucial to me. I believe in the power of color and how it affects mood. I want people to walk into a room of my photographs and feel surrounded by the color and the warmth that emanates from them. In addition, I want people to have the bold composition of color, shadow, lights and blacks challenge them to find their footing within the picture. I want to make my viewers dizzy.

OPENING RECEPTION - SUNDAY, JULY 7, 2013, 2 to 4 pm.

Refreshments are served

and all are welcome!



The Truro Council on Aging van transportation services are for Truro residents age 59 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions are appreciated to help defray the vehicle costs to the town. The service is designed as an "on demand" service for any purpose based on rider need and scheduling from Monday through Friday. Please call Margie Childs at 508-487-2462 Ext 20.

Please make sure you have the information needed by the COA when you call for a transportation reservation.

- ◆ Your name, phone & address
- ◆ Doctor's name, phone & address
- ◆ Or the address of an appointment other than medical
- ◆ Date & time of your appointment
- ◆ How long the appointment will be, if you have an idea

REMEMBER, IF HAVING A
PROCEDURE, A COMPANION
WILL BE REQUIRED TO
ACCOMPANY YOU

Voluntary Contribution Schedule for Van Service

From Truro To:	Cost
Inside Truro	2.00
Provincetown/Wellfleet	3.00
Eastham	4.00
Orleans	5.00
Chatham/Brewster	6.00
Harwich/Dennis	7.00
Yarmouth	8.00
Hyannis/Barnstable	10.00
Mashpee/Sandwich	12.00
Falmouth/Bourne	14.00
Sagamore Bridge	16.00
Plymouth	20.00
Weymouth	22.00
Boston/Providence	25.00
Burlington/Lahey Clinic	28.00

Transportation

If you are being transported in one of the COA vans, and you have a **disability placard card**, you can carry it along with you and our driver can use it when parking. It may make your "to and from" a little easier!



**DON'T FORGET TO CALL AT
LEAST 24 HOURS BEFORE
NEEDING TRANSPORTATION**

508-487-2462 ext. 20

Best 8-11 and 12-2

**Call as early as possible
even months before.**

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

WHAT DO YOU REMEMBER?

"I remember the wonderful brass band concerts outside the Town Hall, and the baseball games in the field across from it. There were the Old Men's' Team and the Young Men's' Team.

And I remember the Square Dances in the Town Hall. There were regular ballroom dances too. When I was about 9, a partner I won in the Paul Jones was Carlo Treska, who a few years later was assassinated in Central Park, New York by, I think Stalin." Alice Furlaud

The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Diane Rose, Chair; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary;

Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Brian Trainor.

Council on Aging Officers: Bonnie Sollog, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingram, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to Bobbie Sue Kane, Nancy Edwards, Joan Moriarty, Karen Mooney and Nancy Tarvers for their invaluable help with the bulk mailing.